



FREELAND
Foot & Ankle
CLINIC



Step Into Spooky Season



Ankle Taping — Trick or Treat for Fall Athletes?

As fall sports like football, soccer, and cross-country reach their peak, many athletes (especially kids and teens) are taping their ankles and feet for added support. But is taping truly helpful—or can it do more harm than good?

Is Ankle Taping Beneficial?

Taping can be beneficial, especially for athletes recovering from a mild sprain or those needing extra support during high-impact games. But when used improperly or too often, it can become a "trick"—masking pain instead of fixing the root cause.

BENEFITS

Flip to see **Ankle Taping Do's & Don'ts**



- Adds ankle **stability**
- Prevents sprains
- Limits harmful movement
- Reduces **swelling**
- Aids **recovery**
- Boosts confidence



FREELAND FREAKY 5'S

5K & 5 MILE

Scan QR Code to REGISTER



When: October 25th, 2025

Where: Hayes Park, 9200 Midland Rd, Freeland, MI 48623

Deal of the month:

UREA CARE

No Tricks, Just Treats for Your Feet!



Hydrate dry, scary soles.



Valid until the end of this month.



Stretch of the Month:

ANKLE CIRCLES

Great for: Improving ankle mobility, warming up the joint, and increasing flexibility.

HOW?

- Sit or lie down with your leg extended.
- Lift your foot slightly off the ground.
- Slowly rotate your ankle in a circular motion.
- Do 10 circles clockwise, then 10 counterclockwise.



Healthy Pumpkin Protein Bites

Ingredients:

- 1 cup oats
- 1/2 cup pumpkin purée
- 1/2 cup almond butter
- 2 tbsp maple syrup
- 1/2 tsp pumpkin pie spice
- 1/4 cup chocolate chips
- 1/4 cup shredded coconut
- 1 scoop vanilla protein powder

Instructions:

- Mix all ingredients in a large bowl.
- Roll into 1-inch bites.
- Chill in fridge for 30+ minutes.

Store in a sealed container for up to 1 week.



ANKLE TAPING

DO'S & DON'TS



DO:

- Start with **clean, dry skin**
- Use tape **short-term** (games/practice)
- Pick the right tape (athletic vs. KT)
- Follow expert advice



DON'T:

- Tape **too tight**
- Use as a long-term fix
- **Tape over wounds or rashes**
- Rely only on YouTube
- Ignore ongoing pain — see a pro

